

Check your weekly timetable Do you allow time for both leisure activities and study?

Fill in this table:

Tick one ✓	Less than 2 hours	Between 2 & 5 hour	More than 5 hours
Time set aside for study each week			
Time set aside for family			
Time set aside to socialize with friends			
Time for leisure activities (Sports, drama club, youth group etc)			
Average amount of time spent at part-time job			

Why do you think it is important to keep a balance in your life? _____

**Keeping a balance will give you the best chance
of achieving all your dreams and goals**

**Motivation comes from within you.
Only you can choose to have a positive attitude to your studies.**